

Kewaunee County Public Health Connection



May/ June 2017

Volume 2 Issue 9



June is National Safety Month

Check the items you have completed:

- Practiced tornado and fire drills you're your family.
- Checked fire alarms.
- Checked carbon monoxide detectors.
- Replace batteries in flashlights.
- Fix broken railings, stairs, etc.
- Replace or check fire extinguishers.

Open the Door... to the Great Outdoors!

In 2016, former President Barak Obama designated June as National Great Outdoors Month. It is the perfect time to open the windows, let the summer breeze in, and let the kids play outside.

Kewaunee County has many parks and walking trails to take advantage of. It is a great opportunity to encourage children to be physically active and teach them the importance of exercise. The outdoors provides health benefits, and going on a walk can be a great way to teach children about nature.

Take a walk and enjoy the wonder and beauty the earth has to offer!



Am I Really Hungry?

Hunger is your body's way of telling us it is time to refuel. It is primitive and natural. However, somewhere from the days of the Neanderthal to the invention of fat free everything, we have gotten lost. Most of us no longer eat to satisfy our hunger, we eat to satisfy cravings. Truth be told, what we eat and don't eat have a big influence on how we feel, and how we choose to eat as the day goes on.

Breakfast starts the day, whether we want it to or not. Our choices (or lack thereof) at this time are extremely important. If we choose simple refined carbohydrates such as a piece of white toast with butter and jam, this may make our blood sugar, shoot above normal only to crash later on sending our body a signal that we need more fuel. When we sense that we need more fuel, we eat. Now, back up...if that piece of toast would have been 100% whole wheat, and had peanut butter on top with a small side of Greek yogurt, this would not have caused the spikes and dips that trigger hunger. It would have satisfied the body longer.

Eating three meals per day with healthy snacks in between prevents cravings, which cause us to over-eat. Planning meals the night before can help foster healthy choices and add healthy fats, fiber, and protein which make us feel full longer. Take the time to prepare meals and snacks. This will prevent hunger from coming at you with a vengeance and will restrain you from those quick grab and go unhealthy items. After all, a stitch in time saves nine- especially when you dine!

MCH Hotline

This hotline is an informational link to services for pregnant and postpartum women and children. Call **1-800-722-2295** for info. on BadgerCare Plus, WIC, Health Check, maternal depression, prenatal care, family planning, development screenings, and more!

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The Truth Unplugged



May is National High Blood Pressure Education Month!

The Kewaunee County Public Health Department offers free blood pressure clinics at various sites throughout the county. Please call (920) 388-7160 for more information.

Try this: shut off your cell phone, turn off the TV, unplug the video game consoles, the iPod, tablet, anything electronic- just shut it down. Have your family just read for an hour. Can you do it? Are your kids whining that they are bored? Does it cause you to be anxious? If the answer is yes, maybe you are spending too much time being plugged in.

Did you know that the average child today spends about 9 hours in front of a device? This is creating a media dependency to which meaningful relationships are not being made, kids are feeling anxious like they have to have their phones on them at all times, and it takes away from time spent learning. Kids are showing to have less and less of an attention span. Just think about the summer time...you are going for a nice family drive. Do your children look out the window, or are they watching a device? Most of us need our computers and phones to do our jobs, or research information, etc. When we are at home having free time, it's an option.

Try helping your family unplug this summer. Start by limiting time spent on all devices. Have a list of ideas that does not include electronics for the kids to choose from. Take time for reading and free play. By the start of the school year, you may see a positive change and increased learning opportunities.

Bacon Cheddar Waffle Burger

Waffles:

2 c.	Flour
2 T.	Sugar
1 T.	Baking Powder
½ t.	Baking Soda
1 ¾ c.	Milk**
6 T.	Butter, melted
2	Lg. Eggs, beaten
1 c.	Cheddar, shredded**
4	Strips Bacon, crumbled**



Mix all dry ingredients together. Add wet ingredients and mix together. Place on waffle iron until golden brown and fluffy.

For the burger: use the waffle as the bun and place a beef or turkey patty in the middle along with your favorite toppings. Suggested toppings include: lettuce, tomato slices, red onion, avocado slices, light mayo, light ranch, mustard, and ketchup.

**can be made lighter by using skim milk, reduced fat cheddar, and turkey bacon.

Have Fun With Meals

Growing a healthy eater is not easy, but sometimes, having a little fun at mealtime is all a child needs. Encourage them to eat balanced meals with these fun ideas...

- Let them wear play dress up clothes and pretend they are going to eat lunch with their favorite character.
- Make everything mini or everything gigantic (ex: mini pancakes, or one large one)
- Let them create with fruits and veggies- make faces with cut up produce. Let them use tooth picks to make a robot.
- Serve something you have made together such as broccoli "troll trees" or pudding in a Dixie cup for dessert.

